





May 2016

NAVAL HOSPITAL BREMERTON

WELLNESS CENTER CLASS SCHEDULE

Mon	Tue	Wed	Thu	Fri
<p>2 Yoga 3:30-4:30 pm (room 7103) Healthy Steps 4:30-5pm</p> 	<p>3 SHIPSHAPE 5: 9-10am Pilates (Beginner): 12-12:45pm Healthy Shopping: 4-6pm (held at Bangor Commissary) Bariatric Support: 6-7:30pm</p>	<p>4 Prenatal Nutrition: 9-10am Gestational Diabetes: 10-11am Heart Healthy Living: 1-3pm Childbirth Class: 3:30-6pm</p>	<p>5 OB/Gyn Intake: 9-10am Pilates (Intermediate): 12-12:45pm Diabetes Basics: 1-3pm</p>	<p>6 Intro to Nutrition 1-3pm</p>
<p>9 Diabetes Updates: 12:30-2pm Yoga 3:30-4:30 pm (room 7103) Diabetes Updates: 4:30-6pm</p>	<p>10 SHIPSHAPE 6: 9-10am Pilates (Beginner): 12-12:45pm Healthy Habits: 4-6pm</p>	<p>11 Gestational Diabetes: 10-11am Meal Planning/Makeovers: 1-3pm Childbirth Class 3:30-6pm</p>	<p>12 IBS Class: 9-11am Pilates (Intermediate): 12-12:45pm Diabetes: Healthy Eating: 1-3pm</p>	
<p>16 Yoga 3:30-4:30 pm (room 7103) Healthy Steps 4:30-5pm</p>	<p>17 SHIPSHAPE 7: 9-10am Pilates (Beginner): 12-12:45pm Bariatric Support: 3:30-5 Fitness Planning: 4-6pm (held at Bremerton Gym)</p>	<p>18 Gestational Diabetes: 10-11am Diabetes Prevention: 1-3pm Childbirth Class 3:30-6pm</p>	<p>19 OB/Gyn Intake: 9-10am Pilates (Intermediate): 12-12:45pm Diabetes Monitoring: 1-3pm Baby Basics Part 1: 4-6pm</p>	<p>20 Intro to Nutrition 9-11am</p> <div> <p>Saturday 21st: Childbirth Class 9:30-3:00</p> </div>
<p>23 Yoga 3:30-4:30 pm (room 7103) Healthy Steps 4:30-5pm</p>	<p>24 SHIPSHAPE 8: 9-10am Pilates (Beginner): 12-12:45pm</p>	<p>25 Gestational Diabetes: 10-11am Lactation Class: 3:30-6pm</p>	<p>26 OB/Gyn Intake: 9-10am Pilates (Intermediate): 12-12:45pm Diabetes Meds and More: 1-3pm Baby Basics Part 2: 4-6pm</p>	<p>27</p> <div> <p>Great apps available at this site!!</p>  </div>
<p>30</p> <p>Memorial Day</p> 	<p>31 Pilates (Beginner): 12-12:45pm Cancer Support: 5-6:30pm</p>	<p>Physical Fitness Month</p> <p>Overall, less than half of all adults in the US get the recommended physical activity each week. However regular physical activity reduces the risk of many adverse health outcomes and increases life expectancy. Being active also improves overall quality of life and performance, - both on and off the job. Check out the mobile apps available at www.navyfitness.org/.fitness</p>		

For appointments, call Puget Sound Military Appointing Center at (800) 404-4506
For information, call (360) 475-4541

Building a healthy life, one habit at a time.

Website: www.med.navy.mil/sites/nhbrem



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